

How to Detox Your Body of Depleted Uranium Residues, the Effects of Radiation, and Radioactive Contamination

from Radiation Detox.com

Sad but true: There are thousands of scientific references and medical studies out there on the fact that radiation and radioactivity can harm you yet, despite millions of dollars spent by the government to study radiation, virtually nothing is available about a detoxification diet or nutritional supplements you might use to minimize the effects radioactive contamination.

Here's some of the information we do know from the only book in the world on the topic. Keep this information in the back of your mind as it may one day help save you or someone you know.

Iodine

Most people are aware taking potassium iodide (KI) or potassium iodate (KIO₃) tablets will help block your thyroid gland from absorbing radioactive iodine should there ever be a dirty bomb explosion or nuclear power plant mishap such as the Three Mile Island incident. In 1999, another such accident happened in Tokaimura, Japan where several individuals died from radiation exposure in a fuel processing facility.

What people don't recognize is that potassium iodide or iodate tablets only protect the thyroid gland and do not provide protection from any other radiation exposure, so taking them should not give you a false sense of security. It's important to detox your body after radioactive exposure!

One question is, what do you do if KI or KIO₃ tablets aren't available during an emergency? Interestingly enough, according to research by Ken Miller, health physicist at the Hershey Medical Center, he found that an adult could get a blocking dose of stable iodine by painting 8 ml of a 2 percent tincture of iodine on the abdomen or forearm (places on the body where absorption is rapid) approximately 2 hours prior to I-131 contamination. I-131 is a radioactive form of iodine present in the fallout from above-ground atomic bomb blasts. Potassium iodine tablets are best in cases where advance notice of radiation exposure are possible, but if they are not available iodine tincture is the next best thing.

After exposure

External: An entirely different problem arises after you've been exposed to radioactive contamination because now you have to get rid of any radioactive particles you may have



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ingested through the air you breathed, water you drank, or food you ate. Some people suggest Epsom salts, Clorox or clay baths to remove any residues on your skin and to leach out any heavy metals you may have absorbed.

Internal: The big worry is internal contamination. To gain some insights into what to do, we have to turn to the story of the atomic bombing of Nagasaki.

Diet: At the time of the atomic bombing, Tatsuichiro Akizuki, M.D., was Director of the Department of Internal Medicine at St. Francis' Hospital in Nagasaki and he fed his staff and patients a strict diet of brown rice, miso and tamari soy soup, wakame, kombu and other seaweed, Hokkaido pumpkin, and sea salt. He also prohibited the consumption of sugar and sweets since they suppress the immune system.

By imposing this diet on his staff and patients, no one succumbed to radiation poisoning whereas the occupants of hospitals located much further away from the blast incident suffered severe radiation fatalities.

Much of this positive result has to do with the fact that the sea vegetables contain substances that bind radioactive particles and escort them out of the body. This is why seaweed sales usually skyrocket after radiation disasters and why various seaweeds and algae are typically used to treat radiation victims.

Algeas: In Chernobyl, for instance, spirulina was used to help save many children from radiation poisoning. By taking 5 grams of spirulina a day for 45 days, the Institute of Radiation Medicine in Minsk even proved that children on this protocol experienced enhanced immune systems, increased T-cell counts and reduced radioactivity. Israeli scientists have since treated Chernobyl children with doses of natural beta carotene from Dunaliella algae and proved that it helped normalize their blood chemistry. Chlorella algae, a known immune system builder and heavy metal detoxifier, has also shown radioprotective effects. Because they bind heavy metals, algae should therefore be consumed after exposure to any type of radioactive contamination.

Sodium alginate: In 1968 a group of Canadian researchers at McGill University of Montreal, headed by Dr. Stanley Skoryna, actually set out to devise a method to counteract the effects of nuclear fallout. The key finding from their studies was that sea vegetables contained a polysaccharide substance, called sodium alginate, which selectively bound radioactive strontium and eliminated it from the body.

Sodium alginate is found in many seaweeds, especially kelp, and since that time the Russians have been seriously researching the use of their own kelps from Vladivostok, from

which they have isolated the polysaccharide U-Fucoidan, which is another radioactive detoxifier.

Miso soup: Because miso soup was so effective in helping prevent radiation sickness, the Japanese have also done research identifying the presence of an active ingredient called zybicolin, discovered in 1972, which acts as a binding agent to also detoxify and eliminate radioactive elements (such as strontium) and other pollutants from the body.

Black and green teas: The kelps and algae aren't the only natural foods with radio-detoxifying effects. In terms of fluids to drink, black and green tea have shown radioprotective effects" whether consumed either before or after exposure to radiation. This anti-radiation effect was observed in several Japanese studies, and studies from China also suggest that the ingredients in tea are radioactive antagonists.

In short: After any sort of radioactive exposure you want to be eating seaweeds and algae along with almost any type of commercial heavy metal chelating formula to bind radioactive particles and help escort them out of the body. Whether you're worried about depleted uranium, plutonium or other isotopes, this is the wise thing to do which can possibly help, and certainly won't hurt.

Supplements: Many nutritional supplements have been developed for the purpose of detoxifying heavy metals, most of which contain the algae and plant fibers and other binding substances.

The anti-radiation diet

An anti-radiation diet should focus on the following foods:

- Miso soup
- Spirulina, chlorella and the algae (kelp, etc.)
- Brassica vegetables and high beta carotene vegetables
- Beans and lentils
- Potassium, calcium and mineral rich foods
- High nucleotide content foods to assist in cellular repair including spirulina, chlorella, algae, yeast, sardines, liver, anchovies and mackerel
- Cod liver oil and olive oil
- Avoid sugars and sweets and wheat
- A good multivitamin/multimineral supplement

Mineral supplementation: Yet another benefit of the sea vegetables rarely discussed is their high mineral content, which is a bonus in the case of radioactive exposure.

Consuming natural iodine, such as in the seaweeds, helps prevent the uptake of iodine-131 while iron inhibits the absorption of plutonium-238 and plutonium-239. Vitamin B-12 inhibits cobalt-60 uptake (used in nuclear medicine). Zinc inhibits zinc-65 uptake and sulfur is preventative for sulfur-35 (a product of nuclear reactors) incorporation by the body.

Since nuclear workers are potentially exposed to radioactive sulfur, this means that workers in the atomic power industry need a higher content of sulfur in their diet. MSM supplements provide a source of dietary sulfur, but thiol supplements such as cysteine, lipoic acid and glutathione serve double-duty in this area because they help detoxify the body and attack all sorts of other health problems as well.

Ginseng: The immune system is usually hit hard after radiation exposure, and a number of steps can be taken to help prevent opportunistic infections after a radioactive incident. Though the full dimensions of the protective mechanism is still unknown, Siberian ginseng is one form of ginseng that exerts a definite radioprotective effect and has been demonstrated to lessen the side effects of radiation. It was widely distributed by the Soviet Union to those exposed Chernobyl radiation and is commonly used to help cancer patients undergoing radiation therapy.

Panax ginseng has prevented hemorrhaging after radiation exposure, prevents bone marrow death and stimulates blood cell formation, so it's another supplement to add to one's protocol.

In short: Yeasts, beta glucans, bee pollen and various forms of ginseng have all been shown to bolster the immune system after radiation incidents. In terms of radiation burns, aloe vera has a proven ability to treat serious radiation burns and offers other radioprotective effects, and can easily be grown in your house.

Reishi mushrooms: Consuming Reishi mushrooms is another proven way to bolster your immune system after radiation exposure and helps reduce the damage from radiation. It's been used to decrease radiation sickness in animals and help them recover faster after potentially deadly exposure.

Miscellaneous: The amino acid L-Glutamine can be used to help repair the intestine in case of the gastrointestinal syndrome usually suffered due to radiation exposure, and a variety of substances can help rebuild blood cells to prevent

hematopoietic syndrome. Those particular foods include beet juice, liver extract, spleen extract, and shark alkylycerols. Most oncologists don't know that shark liver oil, with alkylycerols, can help platelet counts rebound in days.

DU

Depleted uranium is currently in the journalistic spotlight because U.S. weapons are made from this material, and after being fired leave a legacy of depleted uranium dust in the environment, which anyone can absorb. Because the kidneys are usually the first organs to show chemical damage upon uranium exposure, military manuals suggest doses or infusions of sodium bicarbonate to help alkalize the urine if this happens. This makes the uranyl ion less kidney-toxic and promotes excretion of the nontoxic uranium carbonate complex.

In areas contaminated by depleted uranium dusts, it therefore makes sense to switch to drinking slightly alkaline water and to favor a non-acidic diet to assist in this detoxification. The heavy metal detoxifiers mentioned previously should be part of the DU-detox diet.

Homeopathy

Another thing you can do is use homeopathics for radiation exposure. People commonly argue over whether homeopathics work or not, but if you assume the position that they produce no results whatsoever then you must also assume that they certainly won't hurt you, which means the only loss from using them is a few dollars. Frankly, there are countless cases and double-blind studies where homeopathic tinctures do provoke physical healing effects in the body. Therefore they are a viable adjunct treatment option.

One homeopathic, in particular, is URANIUM NITRICUM (nitrate of uranium) which homeopaths suggest should be used in cases of depleted uranium exposure or uranium poisoning. Not just soldiers or civilians exposed to battlefield dusts, but uranium miners and radiation workers may find it quite useful.

Spiderwort

While we've discussed just a few of the many supplements and protocols you can use to help detox the body of the lingering results of radioactive contamination, including the residues of depleted uranium, the last thing that might be of interest is that there is a plant that is a natural geiger counter. The spiderwort plant is so sensitive to changes in radiation levels (its petals change color upon exposure) that it's often used as a natural radiation detector (dosimeter), just as they

use canaries in mines as detectors of poisonous gas. Some people like knowing that they have an ongoing monitoring system for radiation in the environment, and this is just another tip available in "How to Neutralize the Harmful Effects of Radiation or Radioactive Exposure."

For more information on this subject, go to
www.radiationdetox.com/depleted-uranium-detox.htm

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